

JEFFERSON JOURNAL

January/February 2019

Aging With Grace
How To Be Old And Happy



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JEFFERSON JOURNAL

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In a youth-obsessed culture like the United States, where older adults are often isolated, finding happiness in old age is not always easy. Still, some people manage to age not only with grace but also with great panache.



Janet, age 84, and Bill Ligon, age 89 in their sunny, plant-filled home in Ashland.

PHOTO: JENNIFER MARGULIS

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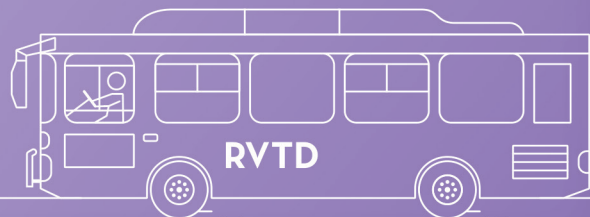
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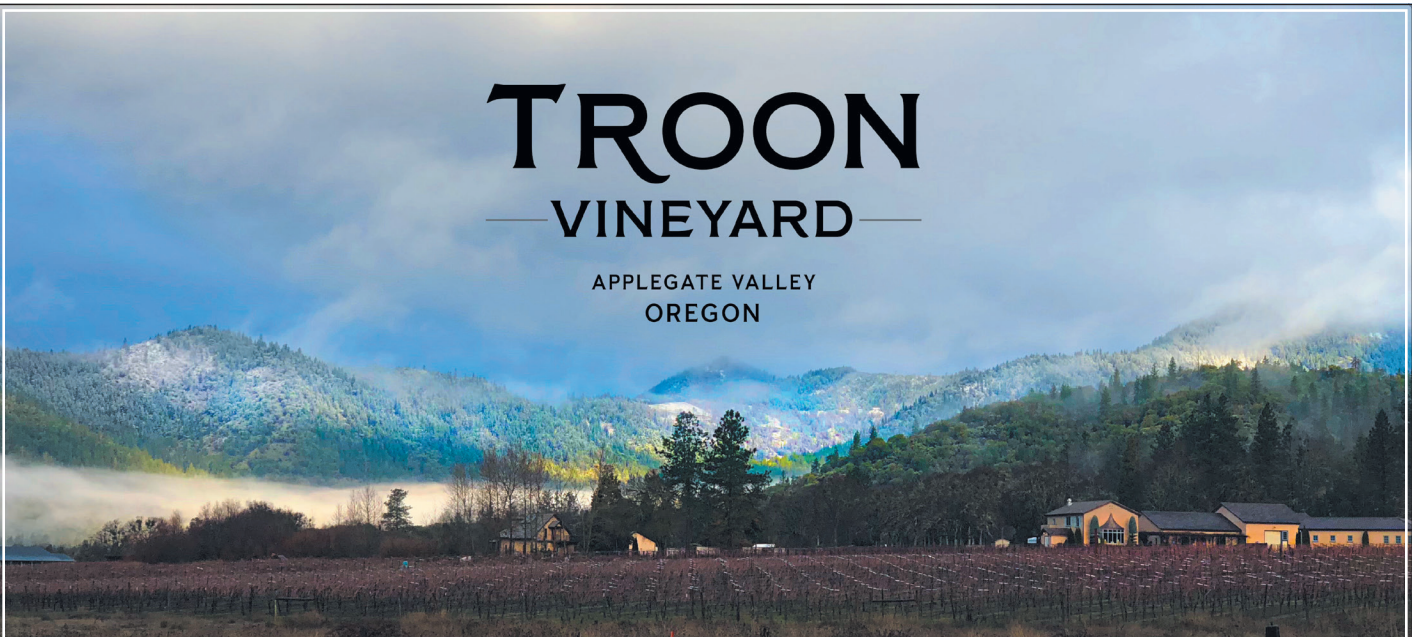
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NPR Head Steps Down

In early December, NPR chief executive Jarl Mohn announced that he would be stepping down as head of the network this coming June. In the years before Mohn took the helm at NPR, the NPR chief executive was a relatively distant and disconnected player for most local public radio stations. But, when Mohn took charge things changed. Mohn articulated the business case for developing a stronger relationship between NPR and local stations. He hired a research firm to compare the strength of NPR without local stations, a scenario many stations feared NPR would ultimately pursue, to a structure in which NPR and local stations doubled down on working together in a more intentional, collaborative way. He used data to demonstrate that it wasn't just a feel-good idea to strategically combine forces, it was a business imperative.

Mohn's strategy, combined with the relentless fervor and energy he dedicated to promoting it, has paid big dividends for NPR and local stations. During Mohn's tenure, audiences for NPR's major news programs have increased more than 20 percent for listeners over the age of 12; NPR has become the nation's leading publisher of podcasts with 18.9 million distinct users each month; and local station fundraising has achieved dramatic growth. He also led a turnaround of NPR's financial position, managing budget surpluses every year since his arrival and doubling corporate sponsorship revenue.

Mohn came to NPR with a unique background. First and foremost he was a broadcaster and champion of radio as a medium—some say he put the “R” back in NPR. He worked in radio for nearly 20 years, as a disc jockey, programmer, station manager and owner of a group of stations. After his stint in radio, he created E! Entertainment Television, and served as its president and CEO for almost a decade. He also served as executive vice president and general manager of MTV and VH1 where he designed the strategy of long-form programming that became the heart of the network. And, he was founding president and CEO of Liberty Digital, a public company that invested in cable networks, the Internet and online businesses. While much of Mohn's professional life has been focused on commercial media enterprises, he is a public radio zealot. Prior to joining NPR in 2014, Mohn served on the board of trustees of Southern California Public Radio/KPCC for more than a decade, including two years as chairman. He also spent over 12 years on the board of The Annenberg School of Communication and Journalism, including six years as its chair.

In announcing his departure as NPR chief executive, Mohn described his work at NPR, and with local stations, as the high-point of his long media career. Mohn wrote: “I've had a lot of jobs in the media ... but none have made me more proud than

Mohn's strategy, combined with the relentless fervor and energy he dedicated to promoting it, has paid big dividends for NPR and local stations.



this one. It is the most meaningful work I've done, by far. The vital work of this organization and its Member stations—your work—is changing lives and building a better future for this country. That isn't an exaggeration.”

As he leaves the top job at NPR, Mohn also announced that, with the enthusiastic support of the NPR board, he will accept a new volunteer position as NPR president emeritus and remain on the NPR Foundation board. As president emeritus, Mohn will spearhead a campaign to raise significant contributions to advance NPR's future prior to its 50th anniversary in 2020. To kick-off that campaign, Mohn and his wife, Pam, announced that they are making a \$10 million contribution to NPR. In announcing his gift and new role at NPR, Mohn wrote: “I'm thrilled that I will maintain my connection with you and your work in this new role, and continue the tremendous momentum we have begun together. We have made so much progress in strengthening NPR and public radio... We are creating new, high-quality content for all the ways audiences are consuming media. NPR and Member stations are coming together in a renewed spirit of partnership. There is no other news organization doing what NPR does, and that work deserves the support of more philanthropists and foundations... We invite others who care about quality journalism and public service to join us in investing in this remarkable institution and its journalists.”

CEOs like Jarl Mohn don't come along often. Part media expert, part philanthropist, Mohn guided NPR and stations around the country toward a common destiny and left us with a clear vision of our opportunities and challenges in the years ahead. For that, we are grateful ... the rest is up to us.



Paul Westhelle is JPR's Executive Director.

Aging With Grace

How To Be Old
And Happy

By Jennifer Margulis





Ashland-resident Bill Ligon, age 89, enjoys playing Bridge with his wife, golfing with his buddies, and talking sports with his son.

When Jean Houston attended her 60th college reunion, she says her classmates didn't recognize her. "You must be Jean Houston's granddaughter," one crowed. "Where's your grandma?"

"I'm Jean Houston," Houston, who graduated from Barnard College in 1958, insisted. Her classmate, incredulous, called over another alumna.

"You're too young to be Jean Houston!" the other friend scoffed.

An internationally known psychologist and thought leader who lives in Ashland, Oregon, Houston is 81 years old. She remembers meeting Albert Einstein at his laboratory at Princeton University when she was a young girl, and recounts that Margaret Mead lived with her and her husband, Robert Masters, the last seven years of Mead's life.

After 43 years of marriage, Houston's husband died of congestive heart failure. That was ten years ago, but Houston is as busy and energetic as ever. Like Houston, the vast majority of women—nearly 80 percent—will outlive their husbands. For those Americans who reach age 85, there are about six women to every four men, reports *Scientific American*. By age 100 there are two women for every man. Any way you figure it, any American who lives past his or her 78th birthday is decidedly in the bonus round. The average life expectancy for Americans these days is just shy of 79 years old, according to the CDC's National Center for Health Statistics.

Life expectancy is a key indication of the health of any given population. So the United States seems to be doing pretty well. But before you pat yourself on your (aging) back, there are some caveats: At least 40 other countries have longer-lived populations than we do—including Greece, Bermuda, and Hong Kong. A downturn seems to be happening already: While the number of Americans living over 90 has increased and more Baby Boomers are living healthy, active, happy lives in their older years, average life expectancy in the United States has actually been *falling* over the past three years. The CDC released three reports at the end of November that paint an unexpectedly discouraging picture. It seems that more Americans than ever before are dying young—mostly of drug overdoses, respiratory infections, and suicide.

In a youth-obsessed culture like the United States, where older adults are often isolated, finding happiness in old age is not always easy.

Good Books On Aging:

Elizabeth Blackburn and Elissa Epel, *The Telomere Effect: Living Younger, Healthier, Longer*

Dan Buettner, *The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest*

Bill Gifford, *Stay Young Forever (or Die Trying)*

Louise Hay, *You Can Heal Your Life*

Richard J. Leider, *The Power of Purpose: Find Meaning, Live Longer Better*



PHOTO CREDIT: CORNELIUS MATTEO

Talent residents Dan Milan, 85, and Iris Milan, 83, recently celebrated their 63rd wedding anniversary.

Unbound By Constricting Beliefs About Aging

Back to Jean Houston. Houston spoke at a 2-day conference at Southern Oregon University hosted by the Rogue Valley Metaphysical Library in October. She mentioned during an afternoon workshop that she has recently taken up kickboxing but insisted that her secret to looking younger than her many of her peers has nothing to do with healthy eating or exercise. And her mother's Sicilian genes, she said, were only part of the explanation.

"Want to know my secret?" Houston asked, brown eyes sparkling. Houston then explained that fourteen was an extraordinarily good year for her—she became the fencing champion for the state of New York, she was getting an excellent education at a school where she was popular and well-liked, she would soon after have the opportunity to meet First Lady Eleanor Roosevelt. All these years later, Houston makes a conscious effort to channel her fourteenth year into everything she does. She holds onto her childhood exuberance, energy, and sense of purpose by imagining that she's still fourteen.

"We can place ourselves inside of time and culture and be bound by the constricting beliefs surrounding aging, or we can step beyond these boundaries and into a life-energizing matrix of new possibilities," Houston has written. "Archetypes, internal allies, spiritual grounding and a passion for a meaningful life can provide a whole new level of regeneration."

Let me translate: Jean Houston's secret to aging with grace is understanding that *your mind* and *your perception of your reality and of yourself* are the keys to enjoying a long, productive, and happy life.

Ligon Luck

Though they might not express it the way Jean Houston does, Janet and Bill Ligon also believe that your state of mind plays an important role in how you feel as you age. I visit the couple in their light-filled high-ceilinged home in Ashland, a few blocks from SOU. Born in Malaysia of English parents, Janet Ligon is 84. Bill Ligon, originally from Tulsa, Oklahoma, is almost 90. They'll be celebrating their 62nd wedding anniversary the day after we talk.



PHOTO COURTESY OF CHRIS MELETIS

Portland residents Don and Genie Howard, ages 81 and 80, with their doctor Chris Meletis. Meletis says the older patients in his practice are an inspiration.

“You’re just a young chit!” Bill teases when I tell him I’m not yet fifty. “I’ve got kids older than you.”

Outgoing and sociable, Bill golfs with his buddies once a week (and they split a pitcher of beer afterwards), enjoys playing Bridge with Janet (though she’s better than he is) once a week, and also swims ten to twelve laps at the Y three times a week (“I used to do more ... been swimming laps for ten years”). Their son came from Seattle to help them move when they recently downsized, and he calls Bill often to compare notes about the Seahawks and golfing. Janet can’t stand sports.

Bill, who uses a cane for balance, can’t ski or square dance anymore—because of an ankle injury that he got while serving in the army. He gets tired if he stands for too long. He’s also had a heart valve replacement, an operation Janet needed this summer as well. Their younger son died at 32, they’re outliving most of their friends, and they don’t have as much energy as they used to. But they both agree that these challenges aren’t getting in the way of them enjoying their life and each other to the fullest.

“The secret is a sense of humor,” Bill says, smiling broadly. Bill Ligon expects life to be enjoyable and it is. Janet has a different formula for aging with grace and feeling happy later in life. “The secret is having enough to live comfortably but not wanting more,” she says, adding that she feels blessed to be able to afford to hire people to take care of the things they no longer can: the house, the handy work, and the yard.

“I haven’t had any big goals in life,” Bill says honestly. “I take life as it comes. I have a positive mental attitude.”

The attitude pays off, they both tell me. Bill knows he’ll find a parking place exactly where he needs one ... and he always does.

“Bill’s the luckiest person I know,” Janet laughs. “That’s your Ligon luck. He has it. No doubt about it.”

Eating Matters

Chris Meletis is an energetic, bespectacled doctor who sprinkles his speech with aphorisms (“Humane humans make better humanity,” “A body in motion stays in motion”) and talks faster than I can write. A naturopath based in Beaverton, Oregon, Meletis tells me that some of his patients have been with him for 26 years and now he’s doctoring their *great* grandchildren.

“I’ve gotten old with my patients,” Meletis, 53, laughs, adding that his goal is to help his patients not only survive but also to thrive in old age. The first thing he wants to talk about when it comes to healthy aging is food.

“We are trillions of cells. If all you eat is hamburgers, guess what? Then you’re made of hamburgers. If you’re eating fresh fruits and vegetables and phytonutrients then you are an abundance of live food,” Meletis insists. “I have a saying I share with my patients: ‘Live food for living people, dead food for dying people.’

So what should you actually eat? There are hundreds of fad diets, each with its own set of strident rules and recommendations. One well-known longevity doctor in southern Oregon insists eating a lot of meat and following an ancestral diet is key. Another is a vegan who believes a plant-based diet is the healthiest and most humane, a point of view also espoused by celebrity doctors like Joel Fuhrman, MD, and Dean Ornish, MD. In my mind eating should be pleasurable, not restrictive (why live a long life if you aren’t enjoying it?) and the food you eat should make you feel good. You can’t go wrong if you load up your meals with organically grown brightly colored vegetables, healthy fats, high-quality protein, fermented foods (like plain yogurt, sauerkraut, and kimchee), and fruit for dessert. Canned, boxed, and packaged foods are better left on the shelf.

Sidney Baker, MD, a Yale-trained medical doctor based in Sag Harbor, New York, agrees anyone who wants to be healthy in old age needs to eat whole foods. Like Meletis, Baker recommends buying organic and avoiding pesticides and herbicides whenever you can.

Baker, at 81 years old, is glowing with good health. He continues to publish regularly, give lectures, and treat patients. I met him in person when he gave a speech at a health conference I helped organize in Ashland this fall. But as eager as he is for Americans to eat well, Baker tells me it’s harder to get people to change their diets than to change their religion. Given how resistant Americans are to change, I ask him what is one recommendation he would make for the Wendy’s-eating-Coca-Cola-drinking reader.

“If I could flip a switch and get people to behave better, I would say getting sugar out of the diet would be a top priority,” Baker says. “The body’s energy system is built on the reasonable supposition for all of our evolution that food naturally comes as a once-living thing—fruits, vegetables, the flesh of animals. If you take and refine those foods, like sugar cane, it can be downright injurious. Sugar is the culprit that is most damaging to the general health.”

Gwen Mootz, who is 81 years old and lives in Grants Pass, says she and her late husband started eating much better after their adult daughter put in an organic garden and started bringing them fresh vegetables. “When my kids were little I had

The Blue Zones
project talks about
how a key
component to
healthy aging
is community.

Leading Causes Of Death For People 65 And Over In America

1. Heart disease
2. Cancer
3. Stroke
4. Pneumonia
5. Pulmonary diseases
6. Atherosclerosis
7. Diabetes
8. Accidents and unintentional injuries (falls, car crashes, poisoning, suffocation, fire)
9. Kidney disease
10. Liver disease

SOURCE: Adapted from the CDC's
National Center for Health Statistics

one of those deep fryers on the counter all the time, we just fried everything,” Mootz, who was born in Louisiana, says. “And now people are learning to eat the vegetables and not eat the fried food. So I think that’s good.”

But Mootz also thinks promoting healthy eating is an uphill battle in Grants Pass. “People aren’t interested in living healthy lives,” Mootz says. “When I come home at night you should see the line at McDonald’s full of people picking up dinner for their children. It’s just ridiculous.”

The Blue Zones

Gwen Mootz has been participating in a Blue Zones project in Grants Pass, which is how I connected with her. The project is based on the work of Dan Buettner, 58, a longevity researcher and journalist. Funded initially by National Geographic, Buettner spent over a decade interviewing people around the world who live the longest, healthiest, and happiest lives. These pockets of longevity are known as “Blue Zones.”

After studying long-lived people from Okinawa (Japan), the Barbagia region of Sardinia (Italy), the Nicoya peninsula (Costa Rica), Ikaria (Greece), and Loma Linda (California), among other nonagenarians and centenarians, Buettner and his team came up with what they like to call the “Power 9”—Nine lifestyle practices and lessons that they have identified as contributing to health and longevity among the world’s longest-lived people.

The next phase of his team’s work has been to bring lessons from the Blue Zones to communities across the United States to try to improve America’s health. Grants Pass, a city with a population of 37,700, has scored badly on several health rubrics compared to other cities in Oregon and is also below-average nationwide. So in 2017 Grants Pass was approved as a Blue Zones site for a 3-year project. Community funders (who they call “local champions”) include Asante Health System, All Care Health Plan, Trinity Health, Siskiyou Community Health Center, and Club Northwest. The Grants Pass Blue Zones project is headquartered on A Street, in a space that has bicycles and banners out front, a conference room, and a work area crammed with computers. I sat with the program manager, Diane Hoover, 57, and Jason Maki, 35, who coordinates the project’s marketing, to find out more. Hoover, who spent 26 years in the United States Navy and was the director of the Josephine County Public Health Department for six years, slides a piece of paper towards me—a color graphic of the “Power 9.”

Jean Houston’s strategy of channeling a younger version of yourself and using the power of your mind and your thoughts to enjoy the aging process doesn’t figure on the Power 9 list. Neither does Ligon Luck. The nine healthy habits shared by people who live the longest lives worldwide seem pretty straightforward:

1. Move naturally
2. Have a sense of purpose
3. Reduce stress
4. Eat until you’re only 80% full

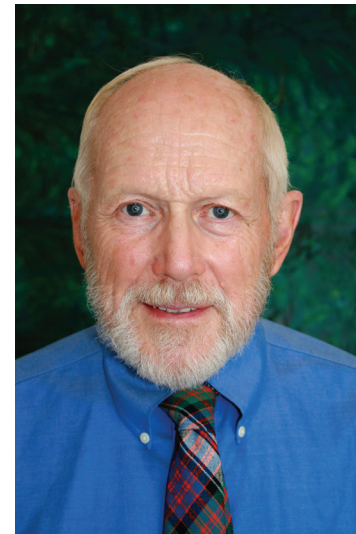


PHOTO COURTESY OF SIDNEY BAKER

At age 81, Sidney Baker, MD, is still practicing medicine, giving talks, and publishing books and articles. His mother died in her early 60s of pneumonia and his father at age 49 in a plane crash. Baker credits a variety of lifestyle practices, including healthy eating, daily exercise, a loving wife, and the judicious use of supplements for his lasting good health.



The Blue Zones headquarters in Grants Pass, Oregon. This nonprofit project seeks to bring better health and longer lives to communities across America.



Allen Hicks, 70, with his wife Katherine Ng Hicks, also 70, and their dog at Stinson Beach, California.

5. Eat mostly plants
6. Enjoy a glass of wine at five p.m. (people in all Blue Zones regularly drink moderate amounts of alcohol.)
7. Belong to a place of worship and attend services at least four times a month
8. Put loved ones first
9. Belong to the “right tribe” (a social circle that supports healthy behavior)

If you watch Dan Buettner’s TED Talk, or read any of his books, you’re left with a feeling of optimism about aging. Yet when I sit down to talk to older adults, the reality is different. A friend with hip problems swears she has no intention of living as long as her mom, who died in her 90s and suffered at the end of her life. She’s devising a suicide strategy so she can choose how and when she dies. A relative, 74, admits to struggling with a dozen physical problems, including a sore ankle that makes it difficult to walk. Another friend, who tried LSD for the first time at age 80 in search of a spiritual experience, says she had a bad trip, was discouraged not to be able to find the spirituality she was seeking, and is frightened to let her new boyfriend get too close because she’s been hurt too many times. I think of them as I talk to Hoover and Maki and wonder if the Blue Zones recommendations for longevity are harder to implement than they seem. Gallup Polls and other measurements of “success” that Buettner describes in his book, *The Blue Zones Solution: Eating and Living Like the World’s Healthiest People*, really tell only part of the story.

Take, for instance, the recommendation to have a sense of purpose. Having a reason to get up in the morning—which can be as simple as a joy of gardening or as involved as being the primary caretaker for an ailing spouse—has been associated with longevity. This Blue Zones idea is backed by some solid science. A 2017 Harvard study found that adults over 50 who

could articulate their sense of purpose and life goals were less likely to experience physical decline. Other studies have correlated a sense of purpose with a lower risk of heart disease and death, and even better sleep. Hoover, who leads “purpose workshops,” tells me most participants are thinking about these things for the first time.

Indeed, when I ask Bill and Janet Ligon if they have a sense of purpose, they both find it difficult to answer. After a bit of thinking, Janet decides that hers is getting Bill to 90.

“Ninety!” he protests, “How about 95?!”

After another pause, Bill says his sense of purpose is to live a good life, be as nice to people as you can, and stay alive for his wife, so she does not end up alone.

Even more difficult to implement is the seemingly straightforward recommendation that we should all be eating real, whole, healthy foods. In Grants Pass, most older adults live three to four miles away from the closest grocery store. “It’s not just quality food, it’s having food period,” Hoover says honestly.

For many older adults on a fixed income, like Gwen Mootz, money is a problem. As is finding a community of likeminded health-oriented people (“the right tribe”), and even, sometimes, getting out of the house. Mootz is still recovering from a bad fall she took two years ago, and also grieving the loss of her husband, who died five days after he turned 87. Sure, she’s outlived both of her parents: her mom died at 74 and her dad at 76. She participated in a Blue Zones walking group when the weather was better, even though her injury kept her at the back of the pack. She also joined the altar society at her church, and she volunteers when she can. A social person, she tries to stay busy. But I can hear the loneliness in her voice when we talk. “After being married 58 years a big piece of me is gone,” she says honestly. “Some days I just have to sit around and have a good cry.”

In a youth-obsessed culture like the United States, where older adults are often isolated, finding happiness in old age is

Continued on page 34

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We are a dried up and angry people and that's a dangerous landscape for our future.

2019: The Year Of Laughter And, Ironically, Year Of The Pig

When I was in high school, we “kidnapped” the Spanish teacher’s favorite stool and sent him ransom notes stipulating terms for its safe return. This was during the Patty Hearst era—which isn’t funny, I know—but we had a great time cutting out letters from magazines and leaving the cleverly written ransom notes in his teacher’s box in the office. We dressed the stool in a wig and dark glasses and took pictures which we included in the notes. And maybe none of this is funny to you, but we laughed and laughed and laughed at our brilliance; the kind of laughter that only friends share when they are up to mischief. Yes, the teacher got his stool back and we all lived to laugh another day. The Spanish teacher got the last laugh as my Spanish sucks. If I’d spent more time studying and less time with the high-jinx, I coulda been an ambassador to Mexico. Instead I ended up an English teacher who couldn’t keep her students off the roof.

It helps to have good friends. Friends you go way back with and can plumb the shared memories of stories wherein you star in the joke. Recently some of my son’s school friends—who were also my former students—were over visiting the old homestead and they were laughing uproariously at the shenanigans they pulled in my class. Yes, Jake did sneak out of my class and climbed onto the school roof one sunny day in May and I had to explain to the principal how that happened under my watch. I wanted to throttle Jake back then but today I thank him for the hilarious memory. Whatever we were learning in class—and every High School teacher knows “learning” in May is really like triage in a war zone—pales in comparison to what actually happened.



It seems we have lost our shared sense of humor in this country. We are a dried up and angry people and that’s a dangerous landscape for our future. It is telling that the only place we can collectively laugh is when we are mindlessly watching kitten videos or America’s funniest bloopers. And that, to quote the president, is SAD.

There’s this thing called “laughter therapy.” It’s come to that. We need to learn how to laugh again and it seems there are ways experts have figured out to do just that. Go online and check out the videos, but first check out the “advice to make your practice safe.” Now that IS funny. Apparently, laughter dehydrates the body so they advise to “drink plenty of water” before and after your “practice.” It would be funny if you had to call the ambulance because you had a laughter stroke. I mean, it would be expensive and all, but it would be funny, right?

The ability to laugh at yourself is a sign of good mental health. The human condition is fraught with both physical and psychological pain and if we can learn to laugh at our pain, it really does tone down some of the suffering. I don’t think we can laugh away every bad thing but if we can find more to laugh at with everyone we meet, maybe we could lighten the collective mood in this country. According to the experts, if you intentionally add laughter into your daily interactions, pretty soon it will feel natural and spontaneous and, well, fun. We don’t really need experts to tell us that, do we? How about we remind each other by adding a little humor and a smile into our daily encounters with others. It doesn’t cost anything but requires practice.

And for God’s sake, make your practice safe. Drink plenty of water.



Madeleine DeAndreis-Ayres laughs and writes with the MAD Players, a crack writing team that finished a new melodrama, “Gold Meddling or Why Cain’t We all Jest Git Along” which opens in February at the Avery Theatre in Etna.

Scent Research Could Help More Salmon Find Their Way Home

Apparently, salmon don't like the smell of watercress. The aroma of shrimp doesn't pique their interest either. And the fragrance, eau de steelhead? A definite no-go.

"The fish did not like it at all. We tried. They did not like it," said Oregon State University researcher Maryam Kamran. "They're very picky."

It turns out, this could be helpful information to know when you're trying to figure out how to keep salmon raised in hatcheries from interbreeding with wild fish—a phenomenon called "straying."

It's a problem that occurs at salmon hatcheries everywhere in the West. But it's particularly concerning on Southern Oregon's Elk River, where efforts are underway to preserve the small population of wild native chinook salmon.

The Problem

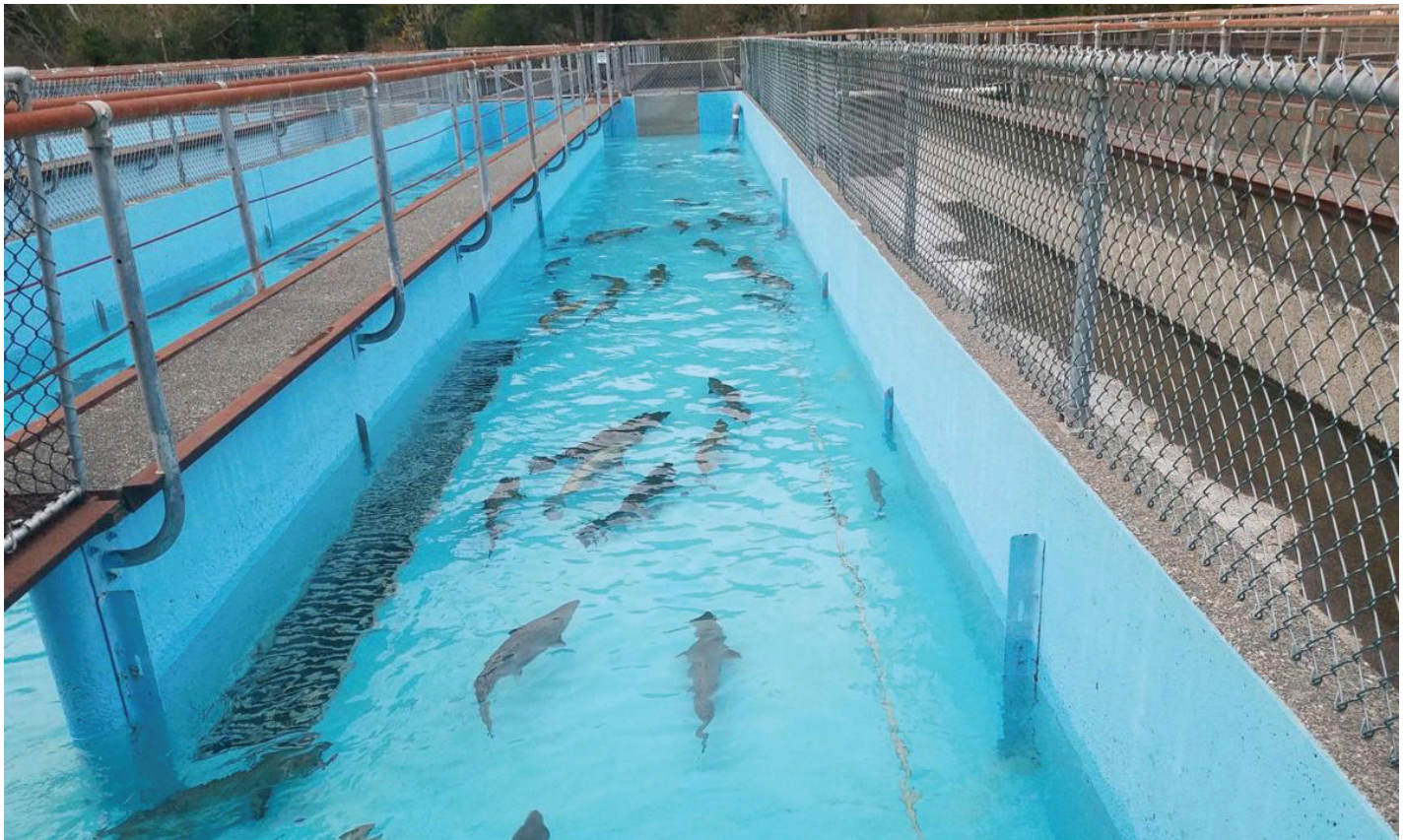
Things get a little hectic around 9 p.m., when a salmon hits the entanglement net stretched across a cold and windy stretch of the Elk River near Gold Beach, Oregon. The floats on the choppy surface begin to shake and bob as the fish struggles to get free.

"We've got a fish!" yelled Jenn Ambrose, a fisheries technician with the Oregon Department of Fish and Wildlife.

Two of Ambrose's colleagues on a salmon-tagging team sprint into the water.

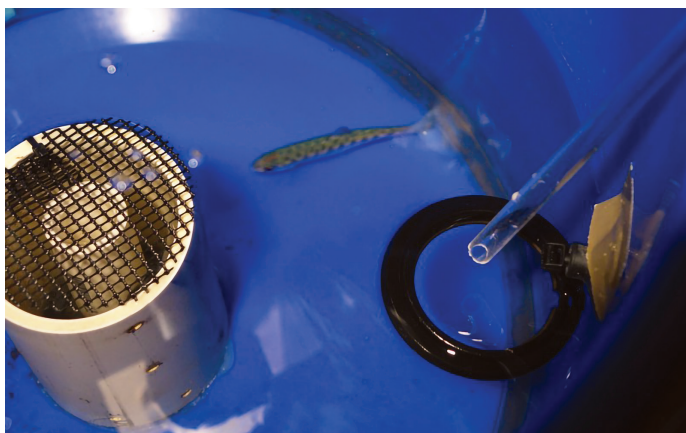
"Even after doing this for five years, you still get that adrenaline," Ambrose said from the gravel bank.

Using a headlamp to see in the dark, they successfully free the salmon and bring it over to a live well on the riverside.



JES BURNS/OPB

Salmon waiting to spawn at the Elk River Hatchery near Gold Beach, Oregon.



JES BURNS/OPB

TOP: Baby salmon are exposed to a scent at the Oregon Hatchery Research Center in a project designed to cut back on hatchery fish straying. **BOTTOM:** OSU's Maryam Kamran is conducting research on salmon olfactory homing in an effort to prevent hatchery fish on the Elk River from straying.

It's a female fall chinook, still vivid silver from its time in the ocean. Like all Pacific salmon, it's used a mix of magnetic and olfactory—or odor—information as a map to get back to this river where it was born and make the next generation of chinook in the Elk River.

Team leader Austin Huff checks to see if its fin is clipped, indicating whether it was born wild or at the Elk River Hatchery about 12 miles upstream.

"There's no mark. It's a wild fish," he said.

He then opens the mouth of the salmon and smoothly inserts a radio tracking tag into the fish's stomach.

"It's a relatively non-invasive, you know, better than surgery," Huff said. "As they're hitting the river system, their esophagus is actually closing up. They're finished eating for their life in anticipation of their spawning. And because of that they will keep the tag within their stomach cavity and carry it all the way upriver."

The numbers fluctuate from year-to-year, sometimes widely, but the percent of hatchery salmon on spawning grounds used by wild salmon hit 80 percent as recently as 2002.

"We know that [hatchery] fish, when they come back and reproduce, they produce fewer surviving offspring than wild-origin fish," said David Noakes of the Oregon Hatchery Research Center.

The state considers the interbreeding wild and hatchery fish a significant threat to the native fish on the Elk River.

"What's changed is our priorities and outlook. We're collectively paying more attention to conservation of native runs of fish than we did," said Shannon Richardson, with ODFW's Coastal Chinook Research and Monitoring Program.

In the state's most recent management plan, Elk River chinook salmon were considered "non-viable," in part because of the high number of strays from the hatchery. The state immediately cut the number of salmon the hatchery could release. And it gave the Elk River Hatchery a 2021 deadline to significantly cut the stray rate, or face further cuts.

And less fish for fishermen to catch could be a hit for the coastal economy on the southern Oregon coast, which relies heavily on fishing and tourism.

Steps taken in the past few years on the river have already started bringing down the average stray rate to about 42 percent. But the state's target is 30 percent. And that's still a pretty big gap to cross.

Leading Them By The Nose

So how do you control the behavior of fish swimming free in the ocean or rivers?

This is where OSU's Maryam Kamran and her bouquet of smells comes back in.

Kamran wants to tap into the adult salmon's amazing ability to find its way back to the stream where it hatched.

"In the natural environment, they're using what we call a navigational toolkit," she said.

Salmon are believed to use the earth's magnetic field to find their way in the ocean. But then once they're in freshwater, they



JES BURNS/OPB

ODFW's Matt Deangelo takes scale samples from a jack chinook as part of salmon tracking work on the Elk River.



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Down To Earth

Continued from page 15

switch over to scents in the river to hone in on the specific spot where they were born.

"You probably had the experience of going back into some building, you were there years ago, and you close your eyes and say, 'I remember this is the chemistry lab or this is the library or this is my grandmother's kitchen,'" said Kamran's advisor, David Noakes. "But you have that sensation and come back and say, 'I recognize this.' That's what the fish are doing."

Kamran said a solution for the Elk River Hatchery may be to redraw that sensory map the salmon use to find their way. In other words, she wants to give the Elk River Hatchery a distinctive aroma salmon can learn as babies and follow home as adults.

"Their noses are really great. They can detect a small set of molecules or chemicals and they can detect them at really low levels," Kamran said. "So kind of like dogs, but not such a wide range. There's only a few things that they pay attention to."

She tried dozens of scents to find just the right one. Through a series of experiments, she identified an amino acid that doesn't exist naturally in the Elk River. And her test fish responded to it well.

"Sure enough, they actually started to pick it up the first day," she said.

Her next step is to try her theory out next fall at the Hatchery, where the baby chinook salmon will be exposed to her spe-

cial scent. She's spent the past summer trying to figure out the minimum amount of the scent and the minimum number of times young fish needed to be exposed in order to imprint on the unique smell.

"The idea is we tell hatchery manager, 'This is your odor. This is how much you need to add. And this is how often you should put it in the water when the fish are exposed.'"

And then three years later, when the adult hatchery chinook salmon are due back from the ocean to spawn, the hatchery will release trace amounts of that odor—fragrant breadcrumbs the salmon can follow upstream to the holding tanks where they were raised.

And if Kamran is correct, the hatchery fish will pass up a chance to get lucky with the wild salmon, and instead, seek out the sweet, sweet smell of home.



Jes Burns is the Southern Oregon reporter for Oregon Public Broadcasting's Science and Environment Team. She's based at Jefferson Public Radio and works collaboratively with JPR's newsroom to create original journalism that helps citizens examine how environmental issues unfolding in their own backyards intersect with national issues. Her work can be heard and seen on public radio and television stations throughout the Pacific Northwest.

Through gene editing and further integration with other advanced technologies, they will be engineered to better withstand the challenges of space travel and the harsh environment of Mars.

Designer Babies Born On Mars

Whatever future you are imagining for the human race, no matter how dark or bright, I guarantee you that it's going to be far weirder than you think.

"You mean weird like designer babies born on Mars?"

Yeah, like that, but probably even weirder. But let's first talk about designer babies.

Back in November of last year, the world's first genetically edited babies (twin girls) were born in China. The girls' genes were edited by a Chinese researcher using CRISPR. If, like me, you pictured CRISPR being some sort of high-tech scientific microwave oven that modifies genes by cooking them, you'd be very wrong. CRISPR, which is the toasty sounding acronym for the more boring "clustered regularly interspaced short palindromic repeats", is a molecular tool that consists of two parts: a Cas9 enzyme that cuts through DNA like a pair of molecular scissors and a RNA molecule that directs the Cas9 to the target DNA sequence to be cut.

The Chinese doctor, He Jiankui, who did the gene editing, said he used CRISPR to disable the CCR5 gene in two embryos during a standard in vitro fertilization (IVF) process. CCR5 is the gene that is capable of forming the specific protein that allows HIV, the virus that causes AIDS, to enter a cell.

In short, Jiankui and his team genetically engineered the twin girls to be HIV resistant.

"I feel a strong responsibility that it's not just to make a first, but also make it an example," He said in an interview. "Society will decide what to do next."

According to the results of a 2018 Chinese public opinion survey conducted by Sun Yat-Sen University, "The Chinese public broadly supports therapeutic use of gene editing in adults and children. The vast majority reject gene editing's use for conditions that are not genetic or for non-medical purposes, such as to enhance IQ or athletic abilities."

Americans have similar opinions on gene editing according to a 2018 public opinion survey conducted by the Pew Research Center: "A majority of Americans support the idea of using gene editing with the goal of delivering direct health benefits for babies, but at the same time, a majority considers the use of such techniques to boost a baby's intelligence something that takes technology 'too far'."

Some in the science community called the experiment "far too premature" and "an unconscionable experiment on human beings that is not morally or ethically defensible." Others said it was "justifiable" as it sought a solution to the growing worldwide health threat of HIV.

"Once a technology is admitted [to culture], it plays out its hand; it does what it is designed to do," wrote the late author Neil Postman in his book *Technopoly: The Surrender of Culture*

to Technology. "Our task is to understand what that design is—that is to say, when we admit a new technology to the culture, we must do so with our eyes wide open."

Gene editing is a technology designed to re-engineer humans. It is designed to enable us to directly and rapidly change our evolutionary path.

Less than 24 hours after Jiankui announced the birth of the gene-edited twins, NASA successfully landed the robotic lander *InSight* on Mars to study the deep interior of the planet. *InSight* joins more than a dozen other Mars landers, some of which crashed on the surface beginning with the former Soviet Union's Mars 2 lander in 1971. Currently, *InSight* and NASA's Mars Science Laboratory *Curiosity* rover, a mobile robot for investigating Mars' past and present ability to sustain microbial life, are the only two operational exploration vehicles on Mars.

They will soon be joined by more exploratory robots and then eventually by human explorers.

In the epilogue of his new book *Laika's Window: The Legacy of a Soviet Space Dog*, author Kurt Caswell has this to say about our drive to go to Mars: "The human animal needs, always, a new frontier to push against. We need to explore to remain whole—physically, emotionally, psychologically. Maybe even spiritually. Going to Mars is not for everyone, but everyone will be struck with awe and amazement when we do. Nothing good will come of a suppression of human desire...Restraint is not the way. The way is expression, release, liberty, Mars."

If we don't destroy ourselves and planet Earth, we will most certainly send a crewed mission to Mars. Some of these early explorers will likely die trying to get there as was the fate of many early explorers attempting to reach the New World. But through continued advances in technology, we will persevere and in the deep future our descendants will populate Mars.

They will be from us but not like us. Through gene editing and further integration with other advanced technologies, they will be engineered to better withstand the challenges of space travel and the harsh environment of Mars. The planet itself, which has a about a 1/3 less gravity than Earth, will transform them even further. They will be different from us, evolved from *Homo sapiens* but no longer human like you and me. They will have originated on Earth, but will no longer be Earthlings. They will be something far weirder than we can currently imagine. They will be the first Martians and we will have created them.



Scott Dewing is a technologist, teacher, and writer. He lives on a low-tech farm in the State of Jefferson.

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RECORDINGS

DANIELLE KELLY

Song As Soapbox

To hear someone singing from the heart and soul about something that resonates in a local, national, or global community, stops me in my tracks. It makes me realize that I, like you, am in some way a part of it. Regardless of your political affiliation, there's no argument that these are confusing, tense, and tumultuous times. This state of anxiety is certainly coming through loud and clear on the airwaves. It should come as no surprise that in rising numbers, revered artists are turning to the topics of human rights and carrying on the tradition of speaking out against injustice through their craft. And what has ever been a better, more powerful vehicle for expression and catharsis, than song?

This past year on *Open Air* we've listened to some powerful, at times *anthemic* songs from musicians addressing some heavy topics: gun violence, women's rights, racial injustice, for instance. We've broadcast outcries from across the country and around the globe: from Malian great Habib Koite, New York native Eric Bibb, and Ziggy Marley representing Jamaica. Also, we've heard from Irish singer-songwriter Hozier, and more U.S. songwriters Heather Maloney, Sara Bareilles, Doe Paoro, and Cat Power. The work of these musicians allows me to reflect on the gravity of today's issues, without losing sight of the beauty and hope in this world.

On Eric Bibb's *Global Griot*, the Grammy-nominated blues artist is joined by Habib Koite on the track "We Don't Care." Even as an environmentally conscious, self-professed feminist, peace and love espousing millennial—this song still has me examining my own lifestyle and carbon footprint. The lyrics call us all out on our recklessness, mindlessness, and collective laziness, when it comes to simple things like taking 30 minute showers when water shortages abound. They make a clear point about how generally disconnected many of us are from our resources and environment. "We like our juicy fruit... as long as we don't have to pick it."

Heather Maloney has THE sweetest voice and demeanor; while on tour for her latest EP *Just Enough Sun*, she came by our new JPR broadcasting facility right when we moved in this past summer. Maloney brought a brand new tune with her

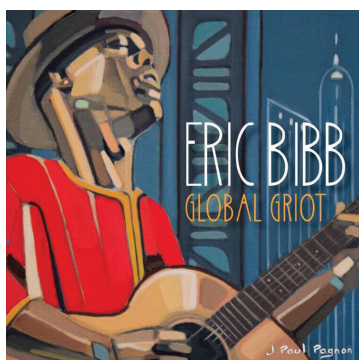
Sounds to me like a challenge for us all to do what we can to speak our truth.

that she had just written in the shadow of yet another school shooting. She hadn't released it yet, therefore we hadn't heard it, and so we weren't prepared to be moved to tears by the chorus of "How Many More." I understand by now she has the song available to purchase for download at www.heathermaloneymusic.bandcamp.com with all proceeds going to "Everytown for Gun Safety & Mom's Demand Action." It's as sobering as it is beautiful. It's worth looking up.

The "Me Too" movement and the recent Supreme Court hearings have encouraged serious examination of gender equality to say the least. With her anthemic single "Armor," (produced by T Bone Burnett) Sara Bareilles celebrates female strength and power. As a singer myself, Bareilles has one of those gorgeous voices I look up to and idolize. The song is hair-raising, with unforgettable piano licks and a repeated and rousing chorus of "Hand Me my Armor." It's exciting to hear that graceful voice sing material with such gravity. ("Gravity," coincidentally is one of her first big hit songs... couldn't help myself there.)

Speaking of and through feminine strength, Doe Paoro also stopped by this winter (with her all-female touring band) for a live session in the new Steve Nelson Studio. She shared some selections from her latest ANTI-album, *Soft Power*. The tracks are fun, vulnerable, do-woppy at times, and in each and every one you hear a woman speaking her truth intelligently and firmly. *Guilty* rocks with a driving melody, and speaks to the objectification and politicization of being a woman in today's world with trenchant lyrics like "I'm not guilty / Why do I feel guilty... Your boys met me at the gates / Dangled keys and hazed / I wish I could unknow what it's like to have my body made a

Continued on page 20



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Recordings

Continued from page 19

battlefield.” Putting into words feelings of being the target of gender discrimination, which more women becoming brave enough to bring to light today.

“Woman” by Cat Power, and featuring Lana Del Rey, also speaks to the notion of female empowerment. Although dreamy and siren-sounding as these two songstress are, their tune packs a no-holds-barred punch. “My cage is my weapon” is a sublime lesson in the power of lyrics, transforming that notion of manipulation and oppression into empowerment. These two songbirds sing to these issues so sweetly you can’t help but float away as you give it a listen.

Ziggy Marley’s *Rebellion Rises* encourages all humanity to stand together to create positive change. The messages are explicit on this album, transparent in the names of the tracks, such as “Rebellion Rises” and “I Am a Human,” or “See Dem Fake Leaders.” True to Marley tradition, this collection of lyrical cries for justice are married with intoxicating background vocals and classic reggae dance grooves. What is evident throughout is his anger and discontent with the



Rebellion Rises Album by
Ziggy Marley

current climate of racial and human rights worldwide; also apparent, Marley’s frustration with government corruption. However, these sentiments are paired with the message of love and hope for a bigger and brighter future.

Hozier’s *Nina Cried Power* featuring Mavis Staples, blows my hair back every time I hear it. He begins the song with a call to action “It’s not the waking it’s the rising,” and throughout the length of the song, names 14 musicians who have been instrumental in our treasured American tradition of using *song* as *soapbox*—for shedding light on what they believe is just and right. *Nina Cried Power* is certainly an ode to protest, and the ongoing tradition of fighting for racial equality in this country. Sounds to me like a challenge for us all to do what we can to speak our truth.

We offer music on the Rhythm & News service suggesting from time to time that it could be your escape from the heaviness of the news of the world today. I hope I can find more music to share with listeners on *Open Air* that can point to our problems, while simultaneously highlighting the beauty of our humanity. I am a strong believer that “music is medicine.” Perhaps just a more colorful place to express, emote and sort it all out. Sometimes medicine is bitter, and sometimes it’s sweet—but it’s what makes us better.



Danielle Kelly moved to Ashland in 2003 from Sitka, Alaska to study theater at Southern Oregon University. She began hosting *Open Air* on JPR’s *Rhythm & News Service* in 2015.

THEATRE

GEOFF RIDDEN

At the time of our meetings, the name of the new Artistic Director had not been announced, but that person will, in all likelihood, have to follow Bill Rauch's lead in effecting change gradually.

The Last Summer Of Rauch: Part One

It was a sunny October afternoon when I arrived for my appointment with Bill Rauch. I was early and, as I waited, I saw Bill walk from the Admin building to the Bowmer and reappear ten minutes later. On his way back, he was approached by a member of the public - not an admirer seeking an autograph, but clearly someone with a real query. Bill listened to her and shepherded her back into Admin to find a solution: this is not a man who believes he is above the simple courtesies.

When we did meet up, he told me that he'd been across to the theatre to see the end of *Oklahoma*: even as this production was drawing to the end of its run he was still lifted by it, and justifiably proud. I had intended to defer the questions I had about this production until we'd talked about his feelings on preparing to leave OSF in August 2019, but his enthusiasm was so palpable that, after congratulating Bill on this show, I plunged straight in.

Had he considered, I wondered, having a female Jud? Of course he had, and he had rejected that possibility because he believed that, even in the utopian, liberal community which was his vision of *Oklahoma*, there might lurk sufficient prejudice to make a female Jud unacceptable. I was musing whether the world of *Oklahoma* was in some respects parallel to the world of Ashland, Oregon: a place outwardly tolerant, but, in reality, very willing to draw clear boundaries in terms of what it believed to be acceptable, both socially and artistically?

It was a week before I was able to pose that question, because, just as our interview began, Bill Rauch was called away to an urgent meeting: a meeting which, I later learned, concerned the loss of sixteen posts within the company. When we resumed our conversation, he agreed that there were indeed obstacles and challenges which he had faced along the way in trying to fashion the vision he had had for OSF. He emphasized that he had tried to bring about change incrementally, always with a keen eye on what the market would bear. He had striven to redefine 'classic theatre' so that the company's repertoire was more inclusive and embraced not only a broader range of stories, across races, genders and sexual orientations, but also reflected non-European theatrical traditions which had not previously been represented on OSF's stages. Inevitably, this meant that there has been less space for some other kinds of drama: much though he would have liked to have staged plays by Shakespeare's contemporaries, his priorities have been elsewhere and, indeed, European plays as a whole have been less



PHOTO: OSF | JENNY GRAHAM

Bill Rauch, the artistic director of the Oregon Shakespeare Festival since 2007.

frequently performed under his tenure than at any other point in the company's history.

I asked Bill what he was most proud of (a question, I suspect, which had been put to him more than once in recent months) and he clustered his answers under several headings. Artistically, he gave full credit for the Festival's success to the company as a whole, and was proud that so many plays seen

Continued on page 22

Theatre

Continued from page 21

first as OSF productions had gone on to have a life elsewhere. He did not confine that pride to plays which had transferred to Broadway and to other major professional theatres: he was if anything even more proud of plays like *Welcome Home, Jenny Sutter* (premiered at OSF in 2008) which are now established choices for non-professional companies and high-school theatre groups, and spoke warmly of the fact that it was high-schools who had large enough pools of actors to take on some of the more ambitious of the OSF productions.

He was proud too, of the changes in the buildings used by OSF—the improvements to the Bricks, the increased accessibility (especially in the Angus Bowmer Theatre), the new workshops at Talent, and, most recently, the new rehearsal facilities in the Hay-Patton Building. All of these make theatre in Ashland a more enjoyable experience for audiences and for company members.

At the time of our meetings, the name of the new Artistic Director had not been announced, but that person will, in all likelihood, have to follow Bill Rauch's lead in effecting change gradually. He did not feel that it was probable that the name of the Festival would change (the theatre Festival in Stratford, Ontario dropped Shakespeare from its name at the end of the 2012 season—although, admittedly, Shakespeare had been in its title only for four years). Research suggests that the majority of

first-time visitors to OSF will go to see a Shakespeare production, and this is even more the case with school groups. Regular patrons, on the other hand, may decide that they've seen *Henry V* frequently enough to give one particular production a miss (in the case of the 2018 production that would have been a big mistake). Bill's analogy was with a steak house—if you visit a steak house for the first time, you will probably order steak. Somehow, I think he had made that comparison before!

Our conversation wide-ranging, and I will give further details in my March column. We covered such topics as who actually wrote Shakespeare's works, and the merits and drawbacks of productions using original Elizabethan/Jacobean pronunciation. That latter topic led to a discussion of the translation of Shakespeare in the Play on! project, under the direction of Lue Douthit. The future of that project will be the focus of the next part of this column, along with continuing life of American Revolutions cycle and the Canon in a Decade.



Geoff Ridden has taught in universities in Africa, Europe and North America. Since moving to Ashland in 2008, he has become a familiar figure on radio, in the theatre, in the lecture hall and on the concert stage. He is artistic director of the Classic Readings Theatre Company and has a particular interest in adaptations of the plays of Shakespeare. Email classicreadings@gmail.com

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 Jan 26 – *Marnie*
by Nico Muhly
 Feb 2 – *Carmen*
by Georges Bizet
 Feb 9 – *Iolanta*
by Pyotr Ilyich Tchaikovsky
Bluebeard's Castle
by Béla Bartók
 Feb 16 – *Don Giovanni*
by Wolfgang Amadeus Mozart
 Feb 23 – *Rigoletto*
by Giuseppe Verdi



PHOTOS COURTESY OF THE METROPOLITAN OPERA



ABOVE: Verdi's tragic jester returns in Michael Mayer's neon-bedecked, Las Vegas-themed production of *Rigoletto*. LEFT: Composer Nico Muhly unveils his second new opera for the Met with this gripping reimagining of Winston Graham's novel *Marnie*, set in the 1950s, about a beautiful, mysterious young woman who assumes multiple identities.

Rhythm & News Service



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6:00pm World Café
8:00pm Undercurrents
3:00am World Café

Saturday

5:00am Weekend Edition
9:00am Wait Wait...Don't Tell Me!
10:00am Ask Me Another
11:00am Radiolab
12:00pm E-Town
1:00pm Mountain Stage
3:00pm Live From Here with Chris Thile
5:00pm All Things Considered

6:00pm American Rhythm
8:00pm Q the Music / 99% Invisible
9:00pm The Retro Lounge
10:00pm Late Night Blues
12:00am Undercurrents

Sunday

5:00am Weekend Edition
9:00am TED Radio Hour
10:00am This American Life
11:00am The Moth Radio Hour
12:00pm Jazz Sunday
2:00pm American Routes
4:00pm Sound Opinions
5:00pm All Things Considered
6:00pm The Folk Show
9:00pm Live From Here with Chris Thile
11:00pm Mountain Stage
1:00am Undercurrents

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10:00am The Takeaway
11:00am Here & Now
1:00pm BBC News Hour
2:00pm 1A
3:00pm Fresh Air
4:00pm PRI's The World
5:00pm On Point
7:00pm Fresh Air (repeat)
8:00pm The Jefferson Exchange (repeat of 8am broadcast)
10:00pm BBC World Service

Saturday

5:00am BBC World Service
7:00am WorldLink
8:00am Day 6
9:00am Freakonomics Radio
10:00am Planet Money
11:00am Hidden Brain
12:00pm Living on Earth
1:00pm Science Friday
3:00pm To the Best of Our Knowledge
5:00pm Politics with Amy Walter
6:00pm Selected Shorts
7:00pm BBC World Service

Sunday

5:00am BBC World Service
7:00am Inside Europe
8:00am On The Media
9:00am Innovation Hub
10:00am Reveal
11:00am This American Life
12:00pm Hidden Brain
1:00pm Political Junkie
2:00pm Fresh Air Weekend
3:00pm Milk Street Radio
4:00pm Travel with Rick Steves
5:00pm To the Best of Our Knowledge
7:00pm BBC World Service

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The Archaeology Of War

When someone discovers that I make my living as an archaeologist, almost inevitably they joke about Indiana Jones. When I answer, in a suitably somber and humble brag kind of way, that archaeology is not the treasure hunting portrayed in Hollywood movies, and that what I enjoy is telling stories about the past that challenge commonly held assumptions in the present, I can almost see their eyes glaze over. It's true, though. The work of archaeologists today bears little resemblance to the colonial tropes of the intrepid explorer discovering lost cities and hidden treasures, local interests and cultural appropriation be damned. Instead of raiding tombs or pyramids, an archaeologist today is more likely to be researching labor practices in multi-ethnic 19th century rural communities

or using digital remote sensing techniques to model how landscapes have been used, conceptualized, and modified over time.

Among the subjects that swerve outside popular stereotypes is the archaeology of battlefields and warfare. Given the importance of war in human history, it is a little surprising that it took so long to become a subject that peaks our field's interest. Nonetheless, making up for lost time, what is now called "conflict archaeology" has become steadily more popular. In 1984 archaeologists Douglas Scott and Richard Fox, in collaboration with the National Park Service and dozens of volunteers, applied archaeological methods to one of our favored national myths: the 1876 defeat of the U.S. 7th Cavalry Regiment by the

Continued on page 28



SOUTHERN OREGON UNIVERSITY LABORATORY OF ANTHROPOLOGY

Southern Oregon University Laboratory of Anthropology archaeologist Sharla Luxton excavating on of the officer's quarters at Fort Lane in 2011. Fort Lane was used by the U.S. Army from 1853–1856 to keep the peace between the settlers and the indigenous people of the Rogue River valley.

Underground History

Continued from page 27

indigenous people of the Northern Plains at the Battle of Little Big Horn. Treating the site as a forensic scientist would treat a crime scene, Scott and Fox systematically surveyed the Montana battlefield and compiled and cross checked the known written and oral testimony left by both indigenous people and the soldiers that survived. Over 5,000 artifacts were recovered, and the resulting analysis detailed the course of the battle in a way never before imagined, and challenged the heroic trope of Custer's Last Stand. The critical story of the battle was how the Lakota, Cheyenne, and Arapaho, under the leadership of Sitting Bull, Crazy Horse, Gall, and others used mobility and landscape more effectively to tactically outmaneuver and annihilate a foe that had attacked their community and their families.

As a graduate student in the late 1980s, I remember reading the archaeology of the Battle of Little Big Horn report with great interest. At the time, I was working with Dr. Kevin McBride of the University of Connecticut, who was collaborating with the Mashantucket Pequot Tribe to compile written, oral, and archaeological information about the Tribe's history. Among the sites I helped excavate was a 17th century Pequot fort located deep in a cedar swamp in what was then one of the most isolated areas of rural New England. For a novice archaeologist, it was as close to it comes to an Indiana Jones moment: helping to unearth a fortification that had previously been unknown, built by the Pequots in the aftermath of disastrous war against English imperialism.

I was thus pleased to have Dr. McBride and his colleague Dr. Ashley Bissonette, Senior Researcher at the Mashantucket Pequot Museum and Research Center, as guests on our August episode of *Underground History* on JPR's *Jefferson Exchange*. The Mashantucket Pequot Museum and Research Center was built in the 1990s on the Pequot's Reservation not very far from the fort we discovered, and is one of the best Native American operated and run museums, curatorial facilities, and research centers in North America. Our interview helped mark the occasion of the Museum's hosting of the 10th biannual Fields of Conflict Conference. Archaeologists from all over the world attended, and presented on subjects as varied as 19th century colonial fortifications in Argentina, the lethality of 18th century hand grenades, the Roman battlefield of Kalkriese Hill in Germany, landscapes of the World War II Normandy battlefield, and many others.

I was drawn particularly to the work accomplished by scholars from the Mashantucket Pequot Museum and Research Center. They presented a number of papers describing archaeological work at several locales of the Pequot War and of King Philip's War. Dr. McBride detailed ongoing work at and around the site of the Battle of Mystic Fort that saw, on May 26, 1637, the death of 500 Pequot men, women, and children, burned alive in their homes by the English soldiers and their Mohegan and Narragansett allies. McBride's and his colleagues' research describe the battle in forensic detail in a trail of musketballs, copper arrowheads, and other detritus identified across the landscape of southern Connecticut, and challenged long held assumptions

about the organization and tactics of the Algonquian warriors. Despite the tragedy that had enveloped the Mystic community, The Pequots effectively mounted a coordinated and highly organized military response that saw the English forces chased back to their boats in disarray. Dr. Bissonette's work pushes conflict archaeology even further. Approaching warfare from both an archaeological and public health perspective, she described how more deaths occurred among indigenous New England people from starvation and disease than from the 17th century battles of settler colonialism themselves. She considers how the trauma of these events reverberate across generations to the present day, and how rewriting the history of these ancient battlefields through public engagement in archaeological projects can help empower contemporary communities.

Having Dr. McBride and Dr. Bissonette on *Underground History* and presenting my own research about the Rogue River War at the Fields of Conflict Conference in Connecticut felt like coming full circle. My own research details the places of Oregon's Rogue River War through archaeology and written and oral testimony and critically interrogates the historical memory of that conflict. We also work with descent communities in preserving those places, and I was inspired by both the Battle of Little Big Horn project and by my early professional experiences working for the Mashantucket Pequot Tribe. Finding treasure in booby trapped tombs, questing across the globe, and punching Nazis is good and all, but in the end, what I enjoy about archaeology is that it allows me to learn about the history of the places that I have lived, and the cost and hidden assumptions of the privileges I have in my daily life. Learning about the Pequot War challenged the assumptions I had grown up with about indigenous people in New England, and this approach remains critical to how I came to conduct my own archaeology today in our region.



Mark Axel Tveskov is an archaeologist and ethnohistorian interested in historical memory, colonialism, and conflict archaeology. He is the Director of the Southern Oregon University Laboratory of Anthropology (SOULA), and, in collaboration with federal, state, and local agencies and Tribal nations, conducts applied and public anthropological projects across Oregon. His current research focuses on the Rogue River War of the early 1850s in southern Oregon and included the discovery of the site of the Battle of Hungry Hill. Tveskov is co-host of the monthly Jefferson Public Radio program *Underground History* and is a member of the Governor of Oregon's State Advisory Committee on Historic Preservation.

Now when I am hosting
Morning Edition, I no longer feel
like I'm speaking into a void.

Getting To Know You

When listeners meet me for the first time, they usually say “it’s nice to put a face to the voice.” I could practically say the same thing of them; when I’m on air, I feel like I’m speaking to a faceless void, an empty room. But I got to see a lot of faces for the first time during Jefferson Public Radio’s open house this fall. I never thought that I’d have a job interesting enough that people would want to tour my desk space, so I was pleasantly surprised when I saw huge groups of people lining out our door to learn more about their local public radio station.

I met loads of interesting people that gave me a refreshed outlook of our goal here in the JPR newsroom: telling the story of our region through quality journalism. Now when I am hosting *Morning Edition*, I no longer feel like I’m speaking into a void. Now I see the hundreds of people I met during our open house.

The same is true of the *Jefferson Exchange*, JPR’s daily talk show that I help produce. I saw people’s reactions to meeting our host, Geoffrey Riley, and how excited they got talking about the show. Hearing our listeners’ input helped me hone our segments to subjects that interest you. I also started a small collection of business cards of sources that I later reached out to. I doled out my own business cards, and I’m hoping a few of you reach out to me with more suggestions and ideas. The best stories come from the people who live them, and we don’t know about them unless you tell us.

There are some changes at the newsroom that have helped us build our group of journalism storytellers. First, Angela Decker has come back to the *Morning Edition* team after a one-year stint abroad. Although we are in a new building with all new equipment, she picked up the job again with ease. She’s now hosting the morning news shows through most of the week. That gave me some time for reporting. So when you hear Angela’s voice in the morning, you’re likely to hear mine as well during short one minute radio stories about our region; I’ve already been able to report on some great stories that would have gone unreported otherwise.

The most recent one was about the new urban deer program the state is starting in January, wherein Oregon cities can take part of a pilot program for permits to kill deer within city limits. I was able to weave in a song from listener Gene Burnett, which was about the “pretty little city deer” that rove through the Ashland area. It was a lovely acoustic song with lyrics that sang beautifully “We’ll stomp your dogs and kids if they get too near, and there’s nothing you could do to a pretty little city deer.” Jokes aside, it was a really pretty song! It provided just the right



amount of brevity to an otherwise contentious story. Again I have to insist that we have the most talented group of listeners (with a sense of humor, to boot). The story ended up getting a list of comments on JPR’s Facebook post, which I promptly read. They say to avoid reading the comments, but of course I ignore that rational advice. So if you don’t ever get around to emailing or calling me with suggestions or story ideas, know that you can write a comment on Facebook and I’ll likely see it.

In all seriousness, I’d like to thank everyone who came to JPR’s open house and asked questions during the tour or simply listened to us talk about what makes our newsroom tick. We’re all thrilled to meet the public radio enthusiasts in our region, and knowing that we have so much support from the community helps us continue doing what we do: finding the stories and sharing them with the region. Journalism at JPR isn’t about sitting at our desks making phone calls or rewriting other people’s articles. Instead, we pride ourselves on getting the community involved, hearing what they have to say and working it into our reporting.

April Ehrlich began freelancing for Jefferson Public Radio in 2016. She officially joined the team as *Morning Edition* host and a *Jefferson Exchange* producer in August 2017.

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How Much Protein Do You Really Need?

The marketing is enticing: Get stronger muscles and healthier bodies with minimal effort by adding protein powder to your morning shake or juice drink. Or grab a protein bar at lunch or for a quick snack. Today, you can find protein supplements everywhere—online or at the pharmacy, grocery store or health food store. They come in powders, pills and bars.

With more than \$12 billion in sales this year, the industry is booming and, according to the market research company, Grand View Research, is on track to sell billions more by 2025. But do we really need all this supplemental protein? It depends. There are pros, cons and some ho-hums to consider.

For starters, protein is critical for every cell in our body. It helps build nails, hair, bones and muscles. It can also help you feel fuller longer than eating foods without protein. And, unlike nutrients that are found only in a few foods, protein is pretty much ubiquitous. “The typical American diet is a lot higher in protein than a lot of us think,” says registered dietitian Angela Pipitone with Johns Hopkins McKusick-Nathans Institute of Genetic Medicine.

She says it’s in foods many of us expect, such as beef, chicken and other types of meat and dairy. But it’s also in foods that may not come immediately to mind like vegetables, fruit, beans and grains.

The U.S. government’s recommended daily allowance (RDA) for the average adult is 50 to 60 grams of protein a day. This may sound like a lot, but Pipitone says: “We get bits of protein here and there and that really adds up throughout the day.”

Take, for example, breakfast. If you ate two eggs topped with a little bit of cheese and an orange on the side, you already have 22 grams of protein. Each egg gives you 7 grams, the cheese gives you about 6 grams and the orange—about 2 grams. Add a lunch of chicken, rice and broccoli, and you are already over the recommended 50 grams. “You can get enough protein and meet the RDA before you even get to dinner,” says Pipitone. So if it’s so easy to get your protein in food, why add more in the form of powders, snack bars or a boost at your local juice bar? No need to, says Pipitone because, in fact, most of us already get enough protein in our diet.

“Whole foods are always the best option rather than adding supplements,” she says, noting the FDA does not regulate supplements as stringently as foods or drugs, so there could be less protein, more sugar and some additives you wouldn’t expect, such as caffeine and even steroids.

If you are considering a supplement, read the list of ingredients, she says, although this is not always foolproof. “I’ve

Continued on page 33



MADELINE COOK AND HEATHER KIM/NPR

Protein supplements come in a variety of forms including protein bars (left) and protein shakes (right).



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Workshops, Chocolate Spa Party,

SUNDAY - MARCH 10TH

11AM TO 4:00PM

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seen very expensive protein supplements that claim to be high quality but they might not really be beneficial for the average healthy adult," she says. "It could just be a waste of money."

But there are certain situations that do warrant extra protein. "Anytime you're in an anabolic state or building muscle," Pipitone says, such as if you're an extreme endurance athlete, training for a marathon, or you're a body builder.

If you're moderately exercising for 150 minutes a week, as the Centers for Disease Control and Prevention recommends, or less than that, you're probably not an extreme athlete.

Extreme athletes expend lots of energy breaking down and repairing and building muscles. Protein can give them the edge they need to speed along that process.

Vegans can benefit from protein supplements since they do not eat animal-based protein sources like meat, dairy or eggs. And, for someone always on-the-go who may not have time for a meal, a protein snack bar can be a good option for occasional meal replacement.

Also, individuals recovering from surgery or an injury can also benefit from extra protein. So, too, can older people. At around age 60, "muscles really start to break down," says Kathryn Starr, an aging researcher at Duke University School of Medicine, "and because of that, in addition to the fact that as we get older our body's ability to break down protein is reduced, the protein needs of an older adult actually increases."

In fact, along with her colleague Connie Bales, Starr recently conducted a small study that found that adding extra protein foods to the diet of obese older individuals who were trying to lose weight strengthened their muscles. Participants in the study were separated into two groups—one group was asked to eat 30 grams of protein per meal in the form of whole foods. That meant they were eating 90 grams of protein a day. The other group—the control group—was put on a typical low-calorie diet with about 50 to 60 grams of protein a day.

After six months, researchers found the high protein group had significantly improved their muscle function—almost twice as much as the control group.

"They were able to walk faster, had improved balance, and were also able to get up out of a chair faster than the control group," Starr says.

All 67 participants were over 60 years of age, and both groups lost about the same amount of weight.

Starr is now looking into whether high-protein diets also improve the quality of the muscle itself in seniors. She's using CT scans to measure muscle size and fat, and comparing seniors on a high-protein diet to those on regular diets. She says her findings should be available in a couple of months.

In the meantime, 70-year-old Corliss Keith, who was in the high protein group in Starr's latest study, says she feels a big difference. "I feel excellent," she says. "I feel like I have a different body, I have more energy, I'm stronger." She says she is able to take Zumba exercise classes three times a week, work out on the treadmill, and take long, brisk walks. Keith also lost more than 15 pounds. "I'm a fashionable person, so now I'm back in my 3-inch heels," she says.

As people age, researcher Starr says muscle strength is key to helping them stay strong and continue living on their own in their own home. "I feel very much alive now," says Keith. "I feel like I could stay by myself until I'm 100."

But can people overdo protein? Pipitone says you do have to be careful. Other researchers say too much protein can cause nausea, cramps, headaches, fatigue and bloating.

Dehydration is also a risk when you eat too much protein. Pipitone says if you increase protein, you also have to increase your fluid intake. "I always tell people to make sure they're drinking enough fluids," which for the average person is 60 to 70 ounces a day, which translates into eight 8-ounce glasses of water or liquid per day.

There have been some indications that extra protein makes the kidneys work harder, which could be problematic for individuals with a history of kidney disease and for them, the supplements may increase the risk of kidney stones, she says.

Bottom line, if you think you need more protein in your diet, consider these questions: Are you an extreme athlete; are you recovering from injury or surgery; or are you 60 years or older?


If so, adding high protein foods like eggs and meat products to your diet can be beneficial.

And, if you're not sure, it is always a good idea to check with your primary care provider.



Award-winning journalist Patti Neighmond is NPR's health policy correspondent. Her reports air regularly on NPR newsmagazines *All Things Considered*, *Morning Edition* and *Weekend Edition*.

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Aging With Grace

Continued from page 11

not always easy. Still, some people manage to age not only with grace but also with great panache. Like my friend, Iris Milan, who you may have seen riding her bicycle on the bike path in Talent or zipping around town in her tiny electric car. Milan, 83, who lives in Talent, refuses to let aging slow her down. At five feet one inch tall, she serves on the Safety and Security Committee at Temple Emek Shalom, volunteers for the Oregon Shakespeare Festival, and does English Country Dancing and Tai Chi. Lately she's been studying Native American history, and she's just signed up for a full roster of new courses at OLLI, the Osher Lifelong Learning Institute. The Blue Zones project talks about how a key component to healthy aging is community, which is something Iris and her husband Dan have purposefully cultivated. Their home in Talent shares a backyard with their best friends, who they see almost every day. "It's really important to have social connections," Milan says. "Find out about others, care about others. We're all connected."

For Allen Hicks, an Ashland resident and retired commercial artist, life—like fine wine—has been getting better with age. Hicks just turned 70 and feels healthier now than he did a year ago, despite some health challenges. He takes great pleasure in speed-walking (which he does for 44 minutes every morning), writing creatively, and painting.

"You start to realize, 'well, shit, I don't have much time,'" Hicks laughs. "The wisdom is starting to kick in at a rapid rate ... I have a lot more understanding about things, and I'm really incorporating it into my daily life." Part of that wisdom, I find myself thinking as Hicks is talking, is feeling grateful. Appreciating the small stuff—the bright blue of the sky, the rich flavor of my coffee, the mischievous look in my daughter's brown eyes. There are some things you just can't sugarcoat about aging, like the incontinence issues another 80-year-old confesses she is having. But there's also so much beauty in growing older. In knowing that your life—in this form anyway—will have an end date. May we all be lucky enough to grow old and to find happiness as we age.



A regular contributor to the *Jefferson Journal*, Jennifer Margulis, PhD, is an investigative health journalist and book author. She graduated from Cornell University, earned a Master's degree from University of California at Berkeley, and a PhD from Emory University. Her articles have been published in the *New York Times*, the *Washington Post*, and on the cover of *Smithsonian Magazine*. Her most recent book, *The Addiction Spectrum: A Compassionate, Holistic Approach to Recovery* (HarperOne), is co-authored with Paul Thomas, MD. Learn more about her at www.JenniferMargulis.net.

Over the course of nearly six decades, Lynn has vividly fleshed out a world in which people—women especially—navigate the divide between hearth and honky-tonk, daily drudgery and romantic desire, deciding which of the old ways to cling to and which to kick against.

Loretta Lynn's 'Wouldn't It Be Great' Navigates The Hearth And The Honky-Tonk

Over the years, Loretta Lynn has made such pithy use of her autobiography—a tale of rural resourcefulness, young motherhood and professional audacity—in songs, memoirs, press interviews and fan interactions that there's a tendency to fixate on the straightforwardness of her expression and interpret her musical output as literal translation of the facts of her life. But to read Lynn's work that way is to overlook part of why it's come to mean so much to so many of us.

She's one of country music's great singers and songwriters, and a recipient of virtually every conceivable lifetime achievement honor, because she's drawn on her back story with a mixture of saltiness, sentimentality and wit that gives it heart and resonance, and she's done the same with stories that fall outside of her personal experience. Over the course of nearly six decades, Lynn has vividly fleshed out a world in which people—women especially—navigate the divide between hearth and honky-tonk, daily drudgery and romantic desire, deciding which of the old ways to cling to and which to kick against.

Lynn's new album *Wouldn't It Be Great*, produced by her daughter Patsy Lynn Russell and John Carter Cash (the offspring of her contemporaries Johnny Cash and June Carter Cash), is a showcase of her songwriting across eras, modes and moods, as well as the shrewd evolution of her expression. (It's worth noting that though she's written a good many of the memorable entries in her catalog, she's never limited herself to recording songs from her own pen.) The title track, a stately acoustic ballad, is a song that she previously released as a single in the mid-'80s, and re-recorded for her album with Tammy Wynette and Dolly Parton in the early '90s. The old and new versions begin with the same plea, delivered so gingerly that it's wrenching to hear: "Wouldn't it fine if you could say you love me just one time, with a sober mind?" Lynn's lyrics are wistful rather than forceful, superficially reminiscent of Beach Boys breeziness, but betraying profound disappointment beneath, whether she's singing softly or letting feeling well up in her voice. "Wouldn't it be great," she nudges during the chorus, stretching "great" into a four-syllable



DAVID MCCLISTER/COURTESY OF THE ARTIST



Loretta Lynn's *Wouldn't It Be Great* was released on Sept. 28, 2018.

signifier of yearning, "wouldn't that be great? Throw the old glass crutch away, and watch it break." The lines she added sometime after the original '80s version make the sense of loss ring with quiet finality: "Love went to waste when my sexy lace couldn't turn his face / The bottle took my place."

Several other tracks are suffused with melancholy pining, from the pastoral waltz "I'm Dying for Someone to Live For," one of Lynn's more recent compositions with the consummate hardcore country writer Shawn Camp, to the brisk shuffle "Darkest Day," which she delivers in lustier, more experienced fashion than she did early in her career. The fiddle-sweetened honky-tonk number "Another Bridge to Burn" (not to be confused with the Waylon Jennings song of the same title) betrays an internal struggle between headstrong yearning and

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NPR First Listen

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pragmatic acceptance. “I kept that old bridge standing strong, just in case you changed your mind,” she sings with a rueful lilt. “I can’t live on dreams forever / At least reality returns.” Lynn’s old-time string band tune “Ain’t No Time to Go,” co-written with her daughter, has the spryness of a barn dance standard from before Lynn’s time in modern Nashville, but she brings to it the vulnerability of a woman preparing for the loss of a partner, fearing that she’ll be left with a greater childrearing and homesteading load than one person can shoulder alone. “I ain’t as strong as you think I am,” she insists with a twang. “Ain’t no time to go, darlin’.” She mined the folk tradition of murder ballads for “Lulie Vars,” one of the rare tragic tales in which the man actually gets punished for doing away with his pregnant lover.

A far more familiar selection is Loretta Lynn’s signature number “Coal Miner’s Daughter.” From the opening line on, her phrasing is more clipped and scrappy than it was during her chart-topping, 1970 original. In the intervening years, she’s no doubt been asked to recount her background enough times to know that the fascination with it, not to mention the perception of it as exotic and primitive, has only grown. Maybe she’s also observed the revived stereotype of Appalachian people as doom-ing themselves to poverty by laziness. Whatever she might con-

nect the song to in her mind now, when she sings it, she seems to summon even more defiant pride and willful warmth toward her doggedly hardworking and nurturing family.

Lynn’s first big hit “Don’t Come Home a Drinkin’” gets a more peppery treatment, too. She may, in part, be adjusting to how her vocal endurance has been naturally diminished by age—she is 86, after all—but there’s also an energetic, lived wisdom to her staccato phrasing. The album’s most frolicsome track, “Ruby’s Stool,” is a new composition that recalls the feistiness of “Fist City.” This time, though, Lynn’s protagonist has a wilier way of dealing with a woman making moves on her man. “I’m gonna sit right here and empty this ashtray in her beer,” she vows with lusty satisfaction. “I can’t wait to see her drinkin’ from that can.” She’s truly elevated the earthy art of telling it like it is.



Jewly Hight is an
NPR Music contributor.

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Infections May Raise The Risk Of Mental Illness In Children

Researchers have traced a connection between some infections and mental illnesses like schizophrenia, depression and bipolar disorder. New research from Denmark bolsters that connection. The study, published Thursday in JAMA Psychiatry, shows that a wide variety of infections, even common ones like bronchitis, are linked to a higher risk of many mental illnesses in children and adolescents.

The findings support the idea that infections affect mental health, possibly by influencing the immune system.

“This idea that activation of the body’s immune inflammatory system as a causative factor in ... select mental illnesses is one that has really caught on,” says Dr. Roger McIntyre, a professor of psychology and pharmacology at the University of Toronto, who wasn’t involved in the study. “This study adds to that generally, but builds the case further in a compelling way.”

In the new study, the researchers gathered data on hospitalizations and prescription medications for the 1.1 million children born in Denmark between Jan. 1, 1995, and June 30, 2012.

“We could follow individuals from birth, so there was no missing information during the study period,” says Dr. Ole Köhler-Forsberg of Aarhus University Hospital, a neuroscientist and one of the authors of the study.

Köhler-Forsberg and his colleagues used two national registries—one to get data on hospitalizations because of severe infections like pneumonia and another for data on antimicrobial or antiparasitic medications prescribed to children for less severe infections. “Most of them are those infections that you and I and all others have experienced,” says Köhler-Forsberg.

While the majority of kids in the sample had some of kind of infections, only a small portion of them were diagnosed with any kind of mental illness. About 4 percent were diagnosed with conditions like schizophrenia, attention deficit hyperactivity disorder, anxiety and personality disorders. And a total of 5.2 percent were prescribed medications for mental disorders.

For all mental illnesses—excluding depression and bipolar disorder—the team found that being hospitalized for an infection was associated with a 84 percent higher risk of subsequently being diagnosed with a mental health disorder at a hospital and a 42 percent increased risk of being prescribed a medication for mental illness.

Less serious infections, treated in an outpatient setting with an antibiotic, antiviral, antifungal or antiparasitic medications were associated with a 40 percent greater risk of getting a men-



GABRIËL METSU (1629–1667) THE SICK CHILD

Childhood infections may increase the risk of developing certain mental illnesses in childhood and adolescence.

tal illness diagnosis in a hospital and a 22 percent higher risk of getting a prescription.

However, the increased risk for mental illness following infections was less dramatic when the authors did an additional analysis to look into the influence of genetics and the home environment. The authors compared outcomes for more than 800,000 siblings in this population—siblings that did have infections with ones who did not. In this analysis, they found that

Continued on page 39

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NPR Shots

Continued from page 37

the increased risk for mental illness following hospitalization fell to 21 percent (from 84 percent). Similarly, the risk of being prescribed a psychotropic medication following hospitalization fell to 17 percent.

But the risk didn't drop to zero, notes Köhler-Forsberg. "That's also another finding that made us more confident that there is some link between infections, or the immune system and mental disorders," he says.

The authors also found that the risk for getting a mental disorder was the highest within the first three months following an infection.

"And also we found that the more the infections, and the more severe the infections, then the risk increased as well," says Köhler-Forsberg. "So there is this load of infection that seems to impact the brain and mental disorders."

Previous studies have also illustrated a connection between infections and mental illness, says McIntyre. For example, a 2013 study by a couple of members from the current research team showed that hospitalizations due to autoimmune disorders and infections were associated with an increased risk of mood disorders like depression and bipolar in adults.

Similarly, influenza in pregnant women has been linked with an increased risk of schizophrenia in their children. Other studies have found that other infections are also associated with schizophrenia.

But the mechanism underlying the link is still not fully understood. One theory that's supported by various studies is that infections contribute to mental illness by activating the body's own inflammatory response.

A subset of people with various mental illnesses, from schizophrenia and depression to autism and bipolar disorder, have what is called a "pro-inflammatory balance," says McIntyre. In other words, their bodies are in a state of inflammation.

"So the naturally occurring pro-inflammatory proteins are higher, and naturally occurring anti-inflammatory proteins, which we also produce, are relatively lower," he says. "So the seesaw is balanced toward an inflammatory state."

"What we've struggled with for a long time is ... is this [inflammation] causing the mental illness, or is it a consequence of the mental illness?" says McIntyre. The new study suggests that it's the former, because the researchers were able to show that the diagnoses of mental illness came shortly after the infections.

"At least from a time perspective, activating the inflammatory system came first, followed by the mental illness," he says. "So therefore, that lends a bit more weight to the idea that the immune inflammatory system is causative, rather than being a consequence of mental illness."

However, inflammation isn't the only route for infections to influence mental health. In some cases, pathogens themselves might be the culprits, says Köhler-Forsberg.

"Some infections start as a peripheral infection in the body and can cross the blood-brain barrier and come into the brain, and thereby cause damage and increase the risk of mental disorders," he says.

One well-known example is a parasite called *Toxoplasma gondii*, which spreads, among other ways, through contact with contaminated cat feces.

This pathogen was unlikely to have been involved in the cases in this new study, says Dr. Lena Brundin, an associate professor at the Van Andel Research Institute in Grand Rapids, Mich., who wrote an accompanying editorial to the new study. However, she says, "we know that the parasite can go to the brain and be associated with some psychiatric symptoms later in life."

"We have seen that patients with *Toxoplasma gondii* can be more suicidal," she adds.

The parasite affects the brain's function, including the production of dopamine, says Brundin. "It can also cause localized inflammation in the brain."

The herpes virus is also known to cross the blood-brain barrier and stay dormant inside neurons, and get reactivated years later.

Another way in which infections, or treatment for an infection, can influence mental health could be by changing the gut microbiome, write the authors of the new study. "It is very difficult to say how or why because we don't [fully] understand how microbiome works," says Köhler-Forsberg.

Some antibiotics are also known to go into the brain, notes McIntyre, so they might have some direct impact, too. The new study found that of all medications given to the children for their infections, antibiotics were associated with the highest risk of a subsequent diagnosis of mental illness. More "judicious use of antibiotics" could decrease some of that risk, he says.

As for parents, McIntyre, Brundin and Köhler-Forsberg caution that the results don't mean that every child who develops an infection will become mentally ill.

"You should rest assured that the great majority of these kids are not going to go on and develop a mental illness," says McIntyre. After all, infections are necessary for the normal development of the immune system.

That said, parents should be on the lookout for signs of anxiety, behavioral problems or any other potential symptoms of mental illness following an infection, notes Köhler-Forsberg. If they notice anything in their child, they should immediately seek help, he adds.

"If a child should be so unlucky to develop any mental problems, then we know that [in most cases] when it gets detected early and treated in a good way, then the child will get better again," he says.

Rhithu Chatterjee is a reporter and editor on NPR's Science Desk, where she reports the latest news and feature stories on science, health, and the environment. She also generates ideas for series or themes for the desk to explore, and periodically edits the science team on both radio and digital platforms.

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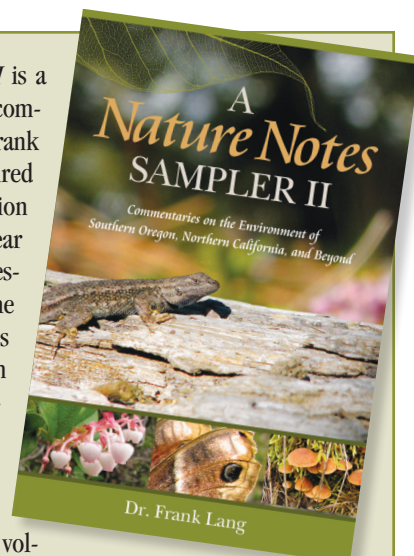
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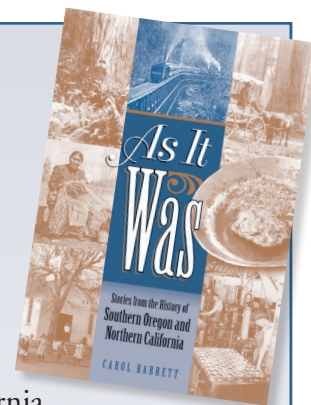
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BILL CHAPPELL

California Gives Final OK To Require Solar Panels On New Houses

Solar panels will be a required feature on new houses in California, after the state's Building Standards Commission gave final approval to a housing rule that's the first of its kind in the United States.

Set to take effect in 2020, the new standard includes an exemption for houses that are often shaded from the sun. It also includes incentives for people to add a high-capacity battery to their home's electrical system, to store the sun's energy.

"These provisions really are historic and will be a beacon of light for the rest of the country," said commissioner Kent Sasaki, according to The Mercury News. "[It's] the beginning of substantial improvement in how we produce energy and reduce the consumption of fossil fuels."

The rule marks a new phase in California's environmental policies, which have often set trends and established standards nationwide. The state has set the goal of drawing 100 percent of its electricity from renewable energy sources and sharply reducing greenhouse gas emissions.

The solar panels rule was initially endorsed as part of the state's Green Building Standards Code by the California Energy Commission back in May. In a public hearing on Wednesday, the Building Standards Commission heard opinions on the change before approving it—the final step in adding the requirement to the state's building code. The vote was unanimous.

Single-family homes and multi-family buildings that are up to three stories high must conform to the new solar power standard.

"New homes that are built under these standards are expected to use 53 percent less energy than our last standards" from 2016, said Drew Bohan, executive director of the energy commission.

The state predicts that mandatory solar panel installations and other new improvements will add nearly \$10,000 in the upfront cost of a home—a cost that officials say will balance out over time, due to lower electricity bills.

A homeowner will save \$19,000 over the course of a 30-year mortgage, Bohan said at Wednesday's meeting of the building commission.

Starting in 2020, California homebuyers will have the option of either paying for solar panels outright, leasing them, or entering a power purchase agreement with developers. Another



California predicts mandatory solar panel installations will add nearly \$10,000 to the upfront cost of a home—money that will be recouped through energy savings.

er option is for communities to "pool resources instead of installing solar on individual homes," Bohan said.

"With extreme weather events becoming more frequent, there is even greater need for homes that are efficient, reliable and resilient," Bohan said, adding that the standards will result in buildings that "will continue to keep costs down, better withstand the impacts of climate change, and reduce greenhouse gas emissions."

Speakers at Wednesday's session mentioned the recent devastating wildfire in Butte County several times—as the type of case where solar panels and batteries could help people who face extended power outages from natural disasters, as well as an example of when state building and energy officials would need to help speed up wholesale rebuilding efforts.

While the new rule has given solar panels a boost after the state's installers saw a slump in 2017, it is also been criticized for adding to home prices in a market that is already expensive. But to an extent, Wednesday's meeting was largely a formality, focusing on whether the energy panel's process for creating the rule was correct.

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JAZZ SUNDAY

12:00PM ON JPR'S RHYTHM & NEWS SERVICE

NPR Environment

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Despite worries that the solar power mandate could have an immediate impact not only on home buyers but on real estate developers and agents, the new rule has been largely supported by industry groups.

At the energy commission's May hearing where public comments and trade groups were also heard from, "the majority of those present, which included environmental groups, solar companies, and utilities, voiced their strong support for the new standards," as member station KQED reported.

California hopes to achieve its carbon-neutral energy status within 30 years; in September, the California Energy Commission said the state is currently at 32 percent of achieving that goal.

Over the past 40 years, Bohan said, the state's energy policies have saved residents billions of dollars and helped California rein in per capita energy consumption more effectively than the rest of the U.S.

Bill Chappell is a writer and editor on the Newsdesk, in the heart of NPR's newsroom in Washington, D.C.

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Chickpea And Harissa Soup (Lablabi)

For our version of this brothy-bready chickpea soup, we used garlic, tomato paste and toasted cumin to bolster the broth's flavor. And instead of using stale bread—as is common in Tunisia—we got better texture by toasting chunks of crusty bread in olive oil to make croutons. Toasted ground cumin is used in the soup as well as on it; to be efficient, toast it all at once. In a small, dry skillet over medium, toast 5 tablespoons ground cumin, stirring constantly, until fragrant, about 1 minute, then transfer to a small bowl. To make soft-cooked eggs for serving, bring 2 cups water to a simmer in a large saucepan fitted with a steamer basket. Add the desired number of eggs, cover and steam over medium for 7 minutes. Immediately transfer the eggs to ice water to stop the cooking.

Directions

To make the soup, first soak the chickpeas. In a large bowl, combine the water, chickpeas and 2 tablespoons salt. Let soak at room temperature for at least 12 hours or up to 24 hours. Drain the chickpeas and set aside.

In a large Dutch oven, heat 2 tablespoons of the oil until shimmering. Add the onion and cook, stirring occasionally, until lightly golden, about 5 minutes. Stir in the garlic and cook until fragrant, about 30 seconds. Add the tomato paste and cook, stirring, until it browns, about 2 minutes. Stir in the cumin and harissa, then cook until fragrant, about 1 minute. Add the chickpeas and broth, then bring to a boil over high. Reduce to medium and simmer, uncovered, until the chickpeas are tender, stirring occasionally, about 1 hour.

Meanwhile, in a 12-inch nonstick skillet over medium, combine the bread, the remaining 3 tablespoons oil and 1 teaspoon salt. Cook, stirring occasionally, until the bread is crisp and light golden brown, 4 to 6 minutes. Remove from the heat and let the croutons cool in pan, then transfer to a bowl. When the chickpeas are tender, remove the pot from the heat and stir in the lemon juice. Taste and season with salt and pepper.

To serve, place 2 to 3 tablespoons of croutons in each serving bowl. Ladle chickpeas and broth around them, then drizzle with oil. Garnish to taste with harissa and cumin, then top each portion with 2 soft-cooked egg halves and 1 tablespoon each capers, olives, parsley and cilantro. Serve with lemon wedges.

8 Servings

For The Soup

2 quarts water
2 cups dried chickpeas
Kosher salt and ground black pepper
5 tablespoons extra-virgin olive oil, divided
1 large yellow onion, chopped (2 cups)
6 garlic cloves, minced
2 tablespoons tomato paste
2 tablespoons ground cumin, toasted
6 tablespoons harissa
3 quarts low-sodium chicken broth or water
8 ounces crusty white bread, sliced ½-inch-thick and torn into bite-size pieces
2 tablespoons lemon juice

To Garnish

Extra-virgin olive oil, to serve
Harissa, to serve
2 tablespoons ground cumin, toasted
8 soft-cooked eggs, peeled and halved
½ cup drained capers
½ cup chopped pitted green olives
½ cup chopped fresh flat-leaf parsley leaves
½ cup chopped fresh cilantro
Lemon wedges

Tip: Don't use canned chickpeas in this soup. Cooked dried chickpeas—which should be soaked for at least 12 hours—are key to the robust broth.

Christopher Kimball's Milk Street in downtown Boston—at 177 Milk Street—is home to the editorial offices and cooking school. It also is where they record *Christopher Kimball's Milk Street* television and radio shows. *Milk Street* is changing how we cook by searching the world for bold, simple recipes and techniques. For more information, go to 177milkstreet.com. You can hear *Milk Street Radio* Sundays at 3:00pm on JPR's News & Information service.



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AS IT WAS

As It Was is a co-production of Jefferson Public Radio and the Southern Oregon Historical Society. The series' script editor and coordinator is Kernan Turner, whose maternal grandmother arrived in Ashland in 1861 via the Applegate Trail.

As It Was airs Monday through Friday on JPR's Classics & News service at 9:30am and 1:00pm; on the News & Information service at 9:57am and 9:57pm following the *Jefferson Exchange*.

Processed Acorns Provide Winter Staple For Native People

By Laurel Gerkman

Before the massive migration of settlers to the Far West, the acorn was an important winter staple in the diet of native peoples and wildlife in Southwestern Oregon.

The Indians used fire to optimize the production of acorns. Large oaks resisted low-intensity fires that killed saplings of Douglas-fir and other conifers that otherwise invaded valley bottoms and foothills. The oaks produced large quantities of acorns that provided important habitat for numerous species. The acorns were gathered in the fall. The nuts required special processing before eating, because a high concentration of tannic acid makes them bitter and toxic, causing indigestion.

Indians soaked the acorns in water to remove the tannic acid and bitterness. After drying, the nuts were cracked open and ground

into a meal, then leached several times. The resulting sweet meat was highly nutritious, rich in protein, carbohydrates and fats. It was pounded into flour, boiled in water and prepared as a mush or baked into bread.

Present-day residential and agricultural development has reduced severely the lowland oak savannahs and woodlands.

A disease called Sudden Oak Death threatens the trees today.

SOURCES: Adams, Mike. *Chetco. Brookings, OR, Chetco Valley Historical Society, 2011, p. 39*; Trail, Pepper. "In Praise of Oaks." *Jefferson Monthly*, 1 July 2015. Accessed 15 Nov. 2017; "Sudden Oak Death is Still Spreading." *Open Air, NPR-JPR*, 17 June 2015. Accessed 15 Nov. 2017.

Hungry Lion Seeks Shelter During Winter Storm

By Gail Fiorini-Jenner

The winter of 1889-90 was hard on man and beast in Trinity County, Calif. The snow was 17 feet deep at Denny. Deer perished by the hundreds and a local butcher, Jim Mullane, lost his entire beef herd.

One farmer, known as "Old Bailey," had only managed to build a small cabin on his few acres before winter hit. He hung a piece of canvass across the doorway, leaving until spring the installation of a decent door.

One night after drifting asleep while snow was falling, he awoke to find a starving mountain lion inside his cabin. Mullane knew the animal was very likely to attack, so he slipped his hands under his blankets and threw them

over the lion's head and dragged it to the open doorway. Immediately, the lion disappeared into the night.

Mullane quickly forgot about waiting until spring to install the door. He split a large red cedar log and fashioned a plank door. Next, he borrowed a neighbor's two hound dogs and hunted down the lion.

SOURCE: "Denny, Old and New." *Trinity*, 1955, pp. 23-24.

POETRY

J. MCNAMARA

House of Ibrahim

In Ibrahim's drawing
the roofs on all the houses
are painted red, pointed
crowns of flame, sky-
vaulted chambers in a desert
land of flat rooftops,
where Mother fed pigeons,
where Father knelt
when called to prayer.

For Ibrahim's bedroom
he outlines a yellow square,
the window where he read
Rumi long past bedtime,
a dome of broken stone
where his bed once stood.

In Ibrahim's kitchen
a hole gouged through the ceiling
permits the blue of afternoon
and swift clouds circling,
flights of doves above
where Mother slaps the bread
flat and warms it for him,
even as her long feet lift
from blood-red tiles,
her scarf a violet shimmer
among shuddering wings.

J. McNamara has been editing and teaching writing privately and at College of the Siskiyous for 15 years. When not in her studio creating mixed-media collages, she can be found notebook in hand, camping and kayaking on wilderness lakes and beaches in the region. Her background in journalism, theater, and art informs her approach to many topics. Her work has been featured in *Midwest Review*, *Clackamas Literary Review*, and online at *Connotationpress.com*, among others.

All Souls' Day

Hungary, 1989

We drank brandy for breakfast, ate smoked bacon,
raw onions, crusty petals of heavy
bread, and apples we picked in the orchard
at dawn. Your nephew fed field mice
to a wounded owl he kept caged in the garden.
There was a cross on top of the hill. A bronze soldier
rode a bronze horse that reared in the cobbled square,
and he pointed his sword toward the yellow church tower.
You showed me where there was once a well
where bodies were stacked and layered with lime
to prevent the spread of disease while the war
wore on. The grass there seemed like the grass
all around. I wanted to say I was sorry.
If it rained that day, I can't even remember.
I only know where I knelt and let
my sweater slide to the ground while
you smiled and fumbled with buttons.
By daylight, the graveyards blazed
with chrysanthemums. Even there, the dead
were stacked in the earth—the land was needed
for feeding the living. On the late ride back
to Budapest, I could smell the sausage
your cousin had packed, could hear wine bottles clink
when we took the curves, and I made up words
to go with the song of a gypsy cimbalom:
that night the stars abandoned the sky
for the candle-lit hills where the dead promenade.

Writers may submit original poetry for publication
in *Jefferson Journal*.

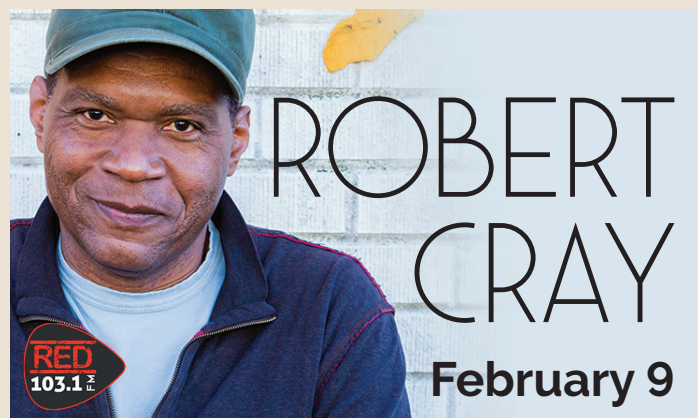
Email 3–6 poems, a brief bio, and your mailing address in one
attachment to jeffmopoetry@gmail.com, or send 3–6 poems,
a brief bio, and a self-addressed, stamped envelope to:

Amy Miller, Poetry Editor
Jefferson Journal
1250 Siskiyou Blvd
Ashland, OR 97520

Please allow eight
weeks for reply.

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BRAVA! OPERA THEATER

and James M. Collier Young Artist Program

PRESENTS

San Francisco Opera Adler Fellows Grand Opera Concert



Join us for an exciting
concert of unforgettable
music featuring the
renowned San Francisco
Opera Resident Artists,
the 2019 Adler Fellows

Sunday, January 27

3:00pm

Featuring a national cast of
professional opera singers *Hansel
and Gretel* is cherished by young
and old alike. The operatic version
of this world famous fairy tale
will rekindle that feeling of pure joy
when young Hansel and Gretel
triumph over the evil witch.

Stage Direction **Willene Gunn**

Conductor **Martin Majkut**

Friday, March 22, 7:30pm

Sunday, March 24, 3:00pm



Ariana Wehr



Courtney Elvira



Nicholas Nestorak



Alex Soare



Stephanie Sanchez

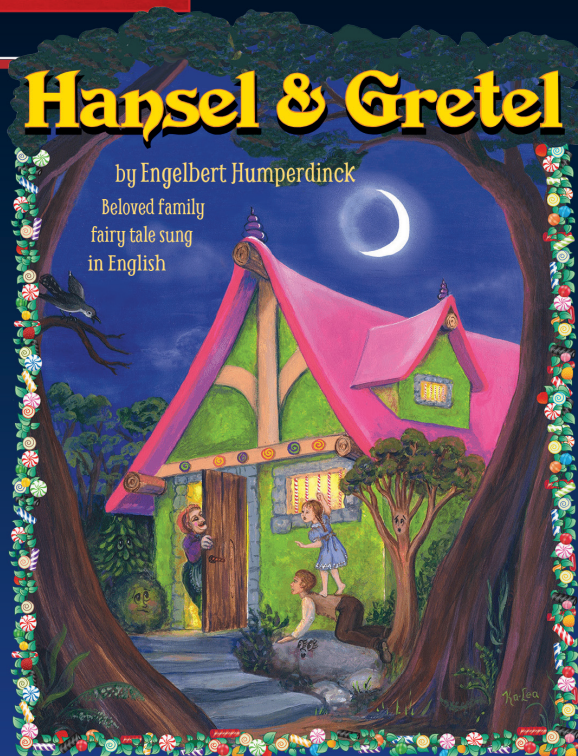


Katie Harman Ebner

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by Engelbert Humperdinck

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fairy tale sung
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